

Carbon County Senior Citizen

What YOU Can Do To Prevent Falls

Department of Health & Human Services

For more information, contact:

The National Center for Injury Prevention & Control Division of Unintentional Injury Prevention

<http://www.cdc.gov/injury>

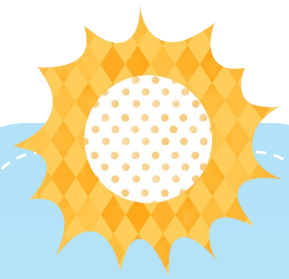
Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by doing these things:

1. **Begin a regular exercise program**

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling. Ask a doctor or health care worker about the best type of exercise program for you.

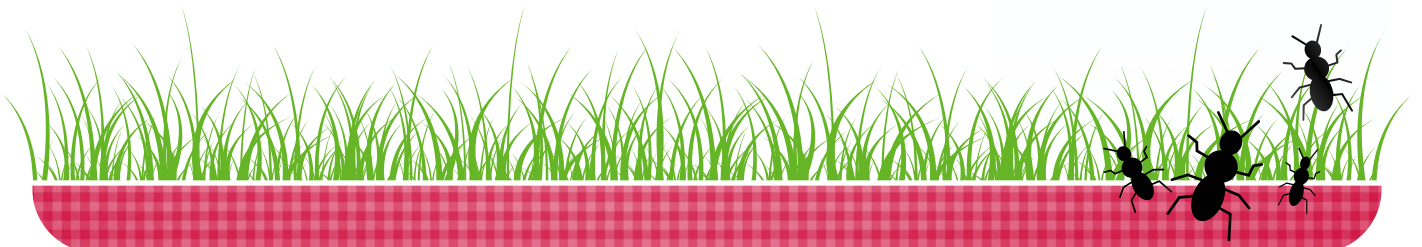


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Important Dates

9/7 Labor Day
Centers Closed
9/23 Birthday Lunch



2. **Make your home safer**

About half of all falls happen at home. To make your home safer:

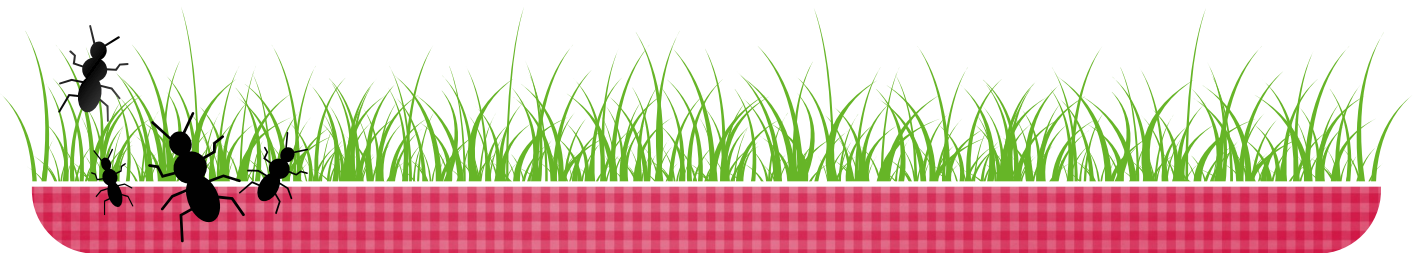
- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without a step stool.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights put in on all staircases.
- Wear shoes that give good support and have non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. **Have your health care provider review your medicines**

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light headed, which can lead to a fall.

4. **Have your vision checked**

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limit your vision. Poor vision can increase your chances of falling.



Dear Seniors,

I have to admit that Autumn is my favorite time of year. September 22nd at 9:18 pm Fall begins. It is on this day that day and night are approximately equal in length, with each successive day thereafter losing minutes of daylight and gaining minutes of darkness or night. I love the feel of the air in the early morning and evening. And such beautiful sunrises and sunsets. Wow!

By the time this reaches you work on the new Senior Center should be well underway. The next ten months should be pretty exciting. It is hard for me to imagine a completed building. The only real comparison I can think of is an expectant mother waiting for the birth of a child. At first it's hard to believe, then even though you don't see any changes you know that things are happening. Next, there are small but visible changes and there is no denying that something is taking place. Before long it is obvious to everyone that a baby is on the way. And that is where we are at with our new Center! Construction has begun. We are out of the planning/development stage. Actual building is taking place. We have months to wait for the birth but it is coming.

Once again I want to encourage you to keep in shape. Winter will be here before you know it and it is so easy to stay home, curled up on the sofa in front of the television. Laura Blakey from 'Pilates Body' can help you keep in shape. She is here on Tuesdays and Thursdays at 11:00 a.m. Laura is a certified pilates instructor and designs her classes specifically for seniors.

Finally, I want to remind you we still have space on the bus for the Green River Melon Days trip. We will be traveling to Green River on September 19th (cost \$20.00). Call the center and reserve your spot.

God Bless,

Debby

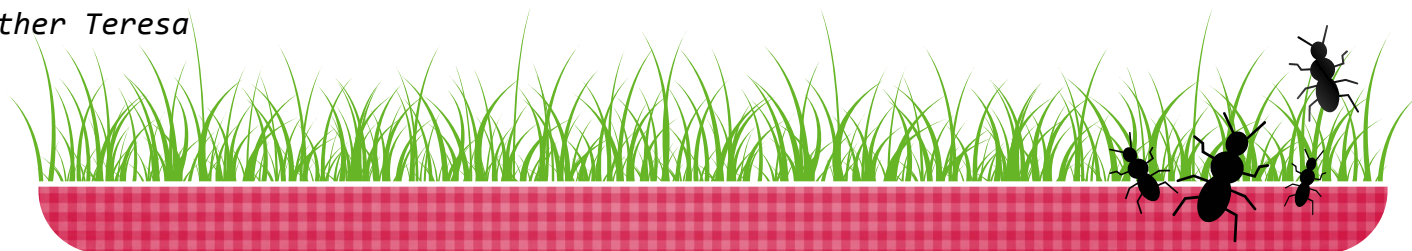
Thoughts to consider:

Sincere words of praise are absolutely free – and worth a fortune.

–Sam Walton

We shall never know all the good that a simple smile can do.

–Mother Teresa



Sudoku Puzzle

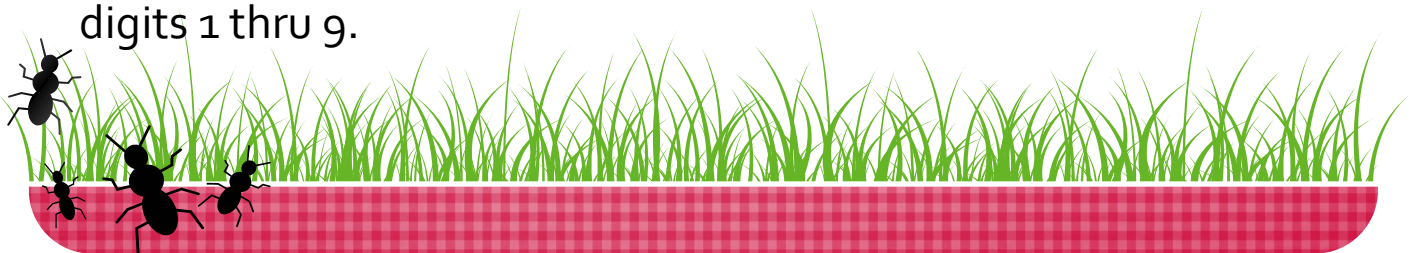
1		6		5	9			
	2	8				1		
9	5	3		2				
2		4			6			3
5	3	1		4		2	8	6
6			3			5		4
				7		9	3	1
		5				4	2	
				9		8		5

Fill in the blank squares so that each row, each column and each

3-by-3 block contain all of the digits 1 thru 9.

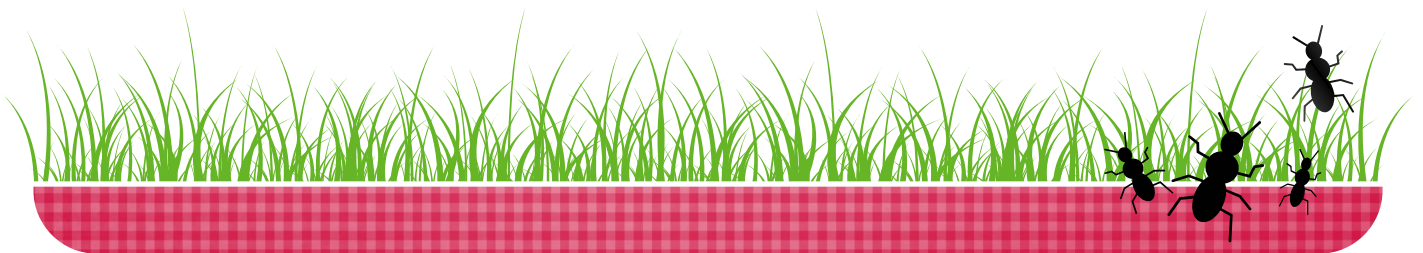
If you use logic you can solve the puzzle without guesswork.

Use the answers page if you really get stuck. Page 5.



Sudoku Answers

1	4	6	8	5	9	3	7	2
7	2	8	6	3	4	1	5	9
9	5	3	7	2	1	6	4	8
2	8	4	5	1	6	7	9	3
5	3	1	9	4	7	2	8	6
6	7	9	3	8	2	5	1	4
8	6	2	4	7	5	9	3	1
3	9	5	1	6	8	4	2	7
4	1	7	2	9	3	8	6	5





Bowling Scores



Senior Fun Day

Every Friday at 1:00pm

Jensen's Country Lanes

Strike Pot

Mary Lou

Doug H.

Rusty V.

Del V.

High Game

Tonie L. 154

Doug H. 181

Garth P. 159

Juan M. 172

Henry S. 177

Joan 171

Pat M. 168

Mary Lou S. 158

Elnora C. 165

May 145

Del 174 & 180

Tom B. 165 & 161

Henry S. 166 & 187

Elnora C. 149 & 192

High Series

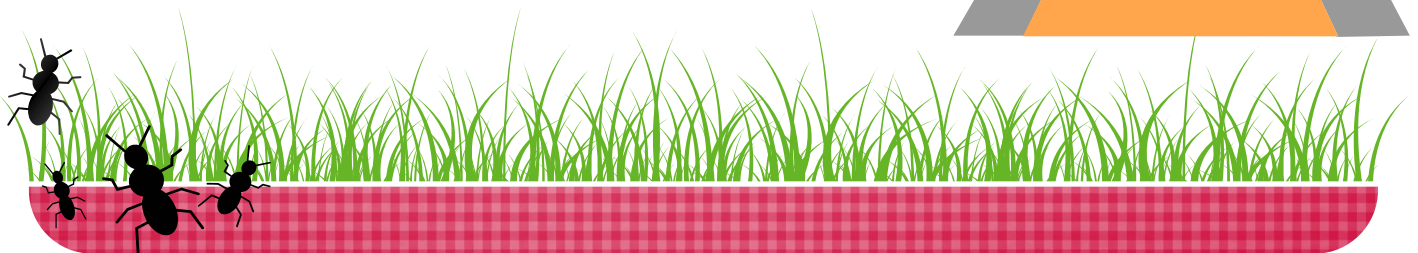
Tonie L. 398

Pat M. 461

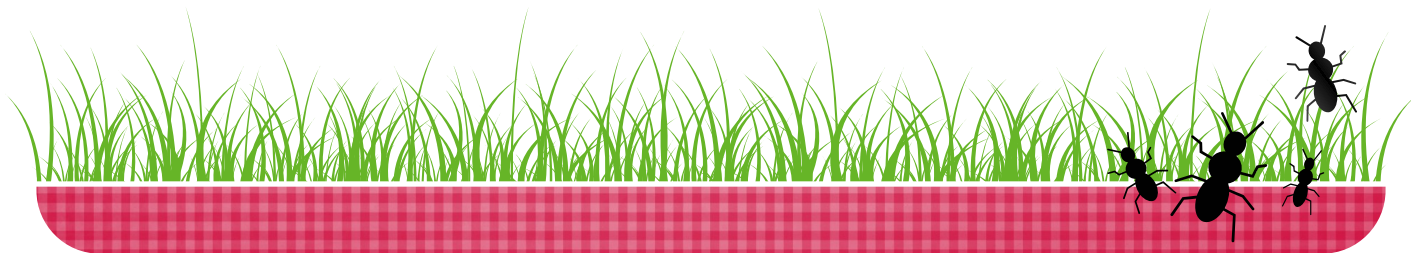
Doug H. 518

Elnora C. 454

Del V. 496



East Carbon	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Wed, 1:30pm
Cards	Tues & Fri 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Computer Class	to be announced Call center for more info
Exercise Class	Tues & Thurs 11:30 a.m.
Walking (when weather permits)	Daily 7 a.m.



San Francisco, Wine Country, Redwood & More

October 5-11, 2009

One in a room \$1,995.00

Two in a room \$1,595.00

Three in a room \$ 1,585.00

Four in a room \$1,455.00

September 19, 2009

Green River Melon Days

\$20.00 per person

	CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
MON	Blood Pressure 2nd & 4th Monday at 10:00a /	Billiards daily 8a-4p Shopping Albertsons 1p Shopping 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays "Music of the Heart"	Bingo (American Legion Auxiliary) a 6p
TUE		Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	The Four Tune O's 1st & 3rd Tues 11:30a / Kristy Woodhouse 4th Tues 11:30a	
WED		Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p Exercise at 11:00a	Melody Five at 11:30a	
THU		Billiards daily 8a-4p Cards/Game 1p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	James (Jimmy) Eaquinto 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Square Dancing 1st 3rd Thurs at 7p / Carbon County Historical Society 1: Thurs of month
FRI	Free Hearing & Hearing Aid Checks 2nd Fri. at 10:30a	Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p	Exercise Gym open daily 8a-4p Exercise at 11:00a	Kristy Woodhouse 2nd Fri 11:30a	
Computer Class: Call Center for info 636-3202			On going Daily Activities: Subject to Change without Notice			

New AARP Driver Safety Course

Insurance discounts

New Material Provided

Call Price Senior Center

to sign up 636-3202

Leonard Miller, Instructor

Monday October 5, 2009

1:00pm –5:00pm

Cost per person \$12.00

Lunch is available at the center at Noon

Call center to make reservations for lunch

60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25

T-shirt Color	Small	Medium	Large	X Large	XX Large	XXX Large
Light Blue						
Red						
White						
Navy						
Ash (light grey)						
Royal						
Black						
Pale Pink						
Purple						
Athletic Heather (grey)						
Dark Green (forest)						

Name:

Phone:

Cost per shirt - \$10.00 Small – X Large \$12.00 XX Large and up

We have had a request for more “Carbon County Senior Citizen” t-shirts. The form above indicates available colors. Please fill out the form indicating color and size choice along with your name and a phone number to reach you when your t-shirt arrives. T-shirts are a 50/50 cotton/poly blend. All t-shirts must be paid for when ordered. (Orders must be received by September 30, 2009.)